

Your Medical Home



**Lyster Army
Health Clinic**



Newsletter Clinic Updates

Heart Health Month

Are you taking care of your heart? Every year, about 715,000 Americans have a heart attack. Exercise, a healthy diet and monitoring blood pressure are all steps toward a healthier heart.

TRICARE Walk-In Services Closing April 1

The TRICARE Service Center (located in the Patient Service Center at the front of Lyster) will be closing April 1. All Tricare-related tasks can now be completed online at www.tricare.mil or by calling 1-800-444-5445.

Pharmacy Construction

Construction has begun in the old Laboratory area, which will be home to the new Pharmacy, opening in the summer of 2014.

Secure Messaging

- E-mail your doctor
- Request Appointment
- Request medication renewals from your provider
- Get Lab Results

Just give your e-mail address to our staff, call 334-255-7587, register at <https://app.relayhealth.com/> or scan.



Lyster will be closed Monday, Feb. 17 for President's Day.

Lyster will close Feb. 19 at noon for mandatory training. We will reopen at 0730 Thursday, Feb. 20.

Did you know?

- If you have written prescriptions to drop off but don't need them right away, please use our Drop Off Window (window 3 on the drop off line). Your prescription will be ready 72 hours later.
- Sick call for Soldiers is from 0600-0630 Mon - Fri.
- Team Respect is now making same day appointments. Call 255-7000 to book an appointment today.
- A list of After Hours Urgent Care Clinics is located on the Lyster webpage.
Visit www.rucker.amedd.army.mil/

To schedule an appointment, call 334-255-7000 or book online at www.tricareonline.com

February 2014

Nutrition Care Clinic
334-255-9908

Tobacco Cessation
334-255-7986

Yoga
334-255-7028

Mon	Tue	Wed	Thu	Fri
3 Yoga V-130: 1145-1245	4	5	6 Diabetes Prevention Class 1: 0900-1200 Yoga V-130: 1145-1245 Tobacco Cessation 1330 #1	7
10 Yoga V-130: 1145-1245	11 Army MOVE Program Class 1 & 4	12	13 Diabetes Prevention Class 2: 0900-1200 Yoga V-130: 1145-1245 Tobacco Cessation: 1330 #2	14 Health Cooking Class 1200-1400
17 President's Day Clinic Closed	18 Army MOVE Program Class 2 & 5	19 Healthy Heart Management & Prevention 0900-1100 LAHC closes at noon for monthly training.	20 Diabetes Prevention Class 3: 0900-1200 Yoga V-130: 1145-1245 Tobacco Cessation: 1330 #3	21
24 Yoga V-130: 1145-1245	25 Army MOVE Program Class 3 & 6	26	27 Diabetes Prevention Class 4: 0900-1200 Yoga V-130: 1145-1245 Tobacco Cessation: 1330 #4	28 Health Cooking Class 1200-1400



Sign up for TRICARE Online today:

- Make an appointment 24/7
- View medical records
- Refill prescriptions



After your appointment you may receive an Army Provider Level Satisfaction Survey (APLSS) in the mail. Please do not throw it away. Please fill out the survey on the paper provided (prepaid return envelope included), online at the link provided, or call the number listed to complete the short telephone survey.

Surveys returned with satisfactory marks can earn Lyster extra dollars, which help keep our clinic up to date with the latest equipment and services available for you.

Thank you,
Lyster Army Health Clinic Staff